HAMMERED EFFECT

NATIONAL

Presto

COOKER

(Model "40")

RECIPE BOOK

INSTRUCTIONS AND
COOKING TIME TABLES

NATIONAL PRESSURE COOKER COMPANY

Here in the bright, cheerful, modern kitchen at the National Pressure Cooker Company . . . every recipe and direction is carefully compiled and tested before publication. Continuous research is conducted here to devise new recipes, new dishes for Presto users.

YOUR *Presto* COOKER

MODEL 40 (HAMMERED EFFECT)

Warranty

We warrant each Cooker sold by us to be free from defects in material and workmanship. Our obligation under this warranty is limited to replacement at our expense at our factory of any defective part or parts thereof, other than parts damaged in transit, which shall, within one year after delivery of such Cooker to the first purchaser for use, be returned to us, transportation charges prepaid. This warranty is in lieu of all other warranties and representations, expressed or implied, and all other obligations or liabilities on our part. We do not authorize any other person or company to assume for us any liability in connection with the sale or use of our Cookers.

This warranty shall not apply to any Cooker which shall have been repaired or altered outside of our factory in any way, other than the proper insertion of appropriate repair parts manufactured by us, or adjustments made in accordance with instructions hereinafter contained, nor shall it apply to any Cooker which has been subjected to misuse, negligence, or accidents.

NATIONAL PRESSURE COOKER COMPANY
EAU CLAIRE, WISCONSIN – [redacted]

FOR REPAIRS AND SERVICE SEE PAGES 126 AND 127

TABLE OF CONTENTS

Copyright, 1947, National Pressure Cooker Company

National Test Kitchen ... Inside Cover
Your Presto Cooker
Warranty ... 1
The Modern Way to Cook ... 4-5
How to Use and Care for Your Presto Cooker ... 6-7
A Simple Demonstration to Use of a Presto Cooker ... 8-12
In Cooking Meats ... 13-14
Care of Cooker ... 14
Instructions for Removing Sealing Ring ... 15
Read This Page Carefully
Before Using Your Cooker ... 16
Hints on Food Selection ... 18
Food Preparation ... 20
Steaming ... 22
Cooking Recipes ... 24-166

Cereals ... 20-27

Cornmeal, 22; Cracked Wheat, 22; Cream of Wheat, 22; Creamy Wheat Meal, 23; Diamond Quick Oats, 23; Ralston, 24; Sequichard, 24; Shredded Wheat, 24; Wheatena, 24; Whitewaterville, 25; Whole Wheat, 25; Time Table, 27.

Cereals for Children ... 25-27

Barley, 25; Malt-O-Meal, 26; Rolled Oats Gruel, 26; Rolled Oats Porridge, 26; Time Table, 27.

Soups ... 28-35

Beef-Tomato, 29; Brown Soup Stock, 30; Chicken, 30; Cream Soups, 30; Creole Gumbo, 31; French Onion, 31; Hamburg Vegetable Chowder, 31; Lentil, 32; Navy Bean, 32; Potato, 33; Soup Stock, 33; Southern Okra Chowder, 33; Split Pea, 34; Vegetable, 34; Time Table, 35.

Vegetables ... 36-51

Fresh ... 36-45

Artichokes, 37; Asparagus, Tips, 38; Hearts, Criteria to Wise, 38; Beans, Green Lima, 38; Beets, Whole, 38; Broccoli, 39; Brussels Sprouts, 39; Cabbage, 39; Carrots, 39; Cauliflower, Flowerettes, 40; Cauliflower, Whole, 40; Celery, 40; Corn on the Cob, 40; Kohlrabi, 41; Okra, Southern, 41; Onions, Whole, 41; Parsnips, 42; Peas, Green, 42; Potatoes, Small, 42; Potatoes, for Mashing, 42; Potatoes, Baking Size, 42; Sweet Potato Balls, 43; Candied Sweet Potatoes, 43; Sweet Potatoes, 43; Sweet Potatoes in Orange Cups, 44; Rutabagas, 44; Spinach, Greens, 44; Squash, Hubbard, 44; Squash, Summer, 45; Tomatoes, Scalloped, 45; Turnips, 45; Time Table, 45.

Dried ... 46-48

Baked Beans, 46; Baked Soy Beans, 46; Kidney Beans, 46; Dry Lima Beans with Bacon, 47; Split Peas, 47; Green and Yellow Lentils, 47; Navy Beans, 47; Hominy, 47; Time Table, 50.

Frozen ... 51

Other Dried Foods ... 48

Macaroni, 48; Spaghetti, 48; Rice, White, Brown or Wild, 48; Time Table for Dried Foods, 50.

Meats ... 52-63

See" Combination Dishes" pages 74-87 for additional meat recipes.

Corned Beef, 54; Stuffed Flank Steak, 54; Hamburger Patties, 55; Stuffed Beef Heart, 55; Beef Liver, 55; Beef Liver Rolls, 56; Mince Balls, 56; Norwegian Meat Balls, 56; Porcupine Meat Balls, 57; Meat Loaf, 57; Pigs in a Blanket, 57; Beef Pot Roast, 58; Fresh Tongue, 58; Smoked Tongue, 58; Ham Loaf, 59; Ham, Fried, or Plain, 59; Ham Steak, 59; Ham Steak, 60; Lamb Chops, 60; Leg of Lamb, 60; Pork Loin Roast, 61; Short Ribs of Beef, 61; Spare Ribs with Bar-B-Que Sauce, 61; Veal Birds, 62; Veal Roast, 62; Breaded Veal Steak, 62; Time Table, 63.

Fish and Sea Foods ... 64-67

Fish Steamed in Tomato Sauce, 65; Fish Stew Steak, 65; Steamed Clams, 65; Frozen Haddie, 66; Lobster, 66; Perch, 66; Lake Trout, 66; Salmon Loaf, 67; Shrimp, 67; Time Table, 67.

Poultry and Wild Game ... 68-73

Barbecued Chicken, 69; Braised Chicken with Dressing, 69; Chicken Cacciatore, 70; Fricassee of Chicken, 70; Fried Chicken, 70; Chicken Hawaiian

Chicken Livers, 71; Chicken Paprika, 71; Pressed Chicken, 72; Sweet-n Chicken, 72; Stewed Chicken and Dumplings, 72; Wild Duck, 73; Squab, 73; Oyster Fritter, 73; Smothered Pheasant, 74; Spanish, 74; Venison, 74; Time Table, 77.

Combination Dishes 76-87

Green Beans with Bacon, 77; Little Bean Pot, 78; Beef Stew, 78; Belgian Stew, 78; Brunswick Stew, 79; Chili Con Carne, 79; American Chop Suey, 79; Chop Suey, Panco, 80; Chop Suey, Plain, 80; Corn Cabbage, 80; Eggplant, Stuffed with Diced Lamb, 81; Hungarian Goulash, 81; Lamb Stew, No. 1, 81; Lamb Stew, No. 2 with Dumplings, 82; Rosemarian Meat Balls, 82; Meat Cabbage Rolls, 82; Pork Chops with Vegetables, 83; Smothered Potatoes with Pork Chops, 83; Spaghetti with Meat Sauce, 83; Sauerbraten, 84; Spare Ribs and Sauerkraut, 84; Spare Rib Combination, 85; Southern Rice Loaf with Mushroom Sauce, 85; Stuffed Squash, 85; Swiss Steak, No. 1, 86; Swiss Steak No. 2, 86; Steamed Dumplings, 86; Time Table, 87.

Desserts and Breads 88-95

Desserts 88-93

Bread Pudding, 88; Brown Betty, 90; Lemon Pudding, 90; Plum Pudding, 90; English Plum Pudding, 91; Potato and Carrot Pudding, 91; Steamed Fig Pudding, 92; Suet Pudding, 93; White Fruit Cake, 93; Time Table, 95.

Breads 93-95

Boston Brown Bread, 93; Brown Bread, 94; Buttermilk Bread, 94; Sugarless Raisin Bread, 94; Time Table, 95.

Fruits 96-99

Apple Sauce, 97; Apples, 97; Apricots, 98; Peaches, 98; Pears, 98; Plums, 98; Time Table for Fresh and Dried Fruits, 99.

Dressings 100-101

Apricot, 100; Bread, 100; Celery, 101; Giblet, 101; Oyster, 101; Mushroom, 101; Sausage Apple, 101.

Sauces 102-104

Cheese, 102; Hollandaise, 102; Thin White, 102; Cucumber, 102; Horse Radish, 103; Lemon Butter, 103; Mexican, 103; Mint, 103; Mushroom, 103; Parsley, 104; Raisin, 104; Savory, 104; Tartar, 104.

Cooking for Baby 105-106

Pureed Peas and Asparagus, 105; Pureed Carrots and Beans, 106; Prune-Vanilla Custard and Variations, 106.

Your PRESTO Cooker as a Steriliser . . . 107

Some Hints on Meal Planning 108

Save More of the Good in the Foods You Eat 109

Daily Pressure Day 110

Food Value Chart 110-111

Some Hints on Table Setting 112-113

Answers to Questions About PRESTO Cooking 114-117

CANNING SECTION

Introduction to Canning 118

Canning Soups 118-119

Fruits 120-122

Apples, 120; Applesauce, 120; Pear Berries (except Strawberries), 120; Cherries, 120; Peaches, 120; Pears, 120; Plums, 120; Rhubarb, 121; Raspberries and other Soft Berries, 121; Strawberries, 121; Tomatoes, 121; Tomato Juice, 121; Table of Syrups for Canning Fruits, 121-122; Time Table, 122.

Table of Syrups for Canning Fruits 121-122

Vegetables 122-124

Asparagus, 122; Beans, Lima, 122; Beans, Green or Wax, 122; Beans, Green Soy, 122; Beets, 123; Carrots, 123; Corn, Whole Kernel, 123; Greens, 123; Okra, 123; Peas, 123; Potatoes, Rice, 123; Pumpkin, 123; Sauerkraut, 124; Squash, 124; Sweet Potatoes, 124; Time Table, 124.

Meats and Fowl 124-125

Beef, Veal, Lamb, Pork, 124; Ground Meat, 124; Chicken, 125; Rabbit, 125; Time Table, 125.

Soups 125

Brown Soup Stock, 125; Soup Stock, 125; Split Pea, 125; Time Table, 125.

How to Obtain the Best Service from Your PRESTO Cooker 126

How to Obtain Prompt Repair Service for Your PRESTO Cooker 126

PRESTO Cooker Parts 127

The Modern Way to Cook

FOR FAMILY HEALTH AND PLEASURE

There's pleasure and health for all the family in a PRESTO COOKER. For with this modern, scientific saucepan, much of the drudgery of meal cooking is removed . . . and the pleasure of good eating is matched by the pleasure of fast, simple cooking.

A PRESTO COOKER saves time, saves food flavors and color, saves vitamins and mineral salts and saves cooking fuel—while preparing the tastiest of foods.

Veteran cooks are amazed by the magic-like speed of the PRESTO in cooking truly delightful foods. Only a fraction of the time is required to cook the PRESTO way as compared with ordinary methods.

In ordinary cooking methods much of the vitamin content of the foods, particularly Vitamin C, is lost through oxidation and long cooking. In a PRESTO COOKER cooking is done free from air, eliminating oxidation. Foods are cooked in the shortest possible time.

The amazing speed of PRESTO Cooking prepares food for the table in such a remarkably short time that the minimum of valuable nutritive food elements is destroyed. For instance, there is a very slight loss of that highly escapable vitamin C, for in a PRESTO Cooker, oxidation is virtually eliminated.

In addition, the very small amount of water used in PRESTO Cooking keeps down the losses of vitamins and minerals. Large quantities of water used in ordinary cooking tend to "flood out" much of the health-giving qualities of foods.

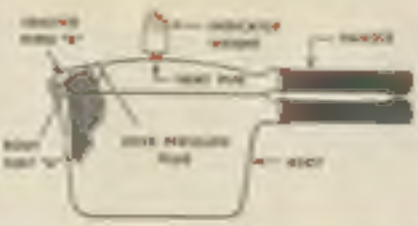
Health authorities agree that a PRESTO provides the most modern, scientific method for retaining vitamins and minerals in fresh vegetables. This benefit to health — the natural way — cannot be over emphasized.

In addition, every housewife is interested in the savings made through the reduction of cooking fuel costs through the use of a PRESTO COOKER. Inasmuch as foods cook in a fraction of the time, naturally, costs are greatly reduced. After the Cooker has been heated up to cooking temperature — the heat is reduced to the lowest level.

If the instructions and time tables are carefully followed, you will find it a very simple matter to use a PRESTO COOKER . . . for a PRESTO works with such ease and achieves such perfect results that you, too, will agree with other satisfied PRESTO users that PRESTO Cooking surpasses any other method of cookery. By using the basic recipes given in this book, you may devise your own recipes and menus.

Complete instructions for using this modern cooking marvel may be found on the following pages. For best results, study them carefully.

HOW TO USE AND CARE FOR YOUR *Presto* COOKER



Before using your cooker for the first time, and after each use, scour the inside thoroughly with a good, non-alkali, aluminum cleaner or a steel wool cleaning pad. After much experimenting with all types of cleaners, our Research Department is pleased to recommend ALUMA CLEANING PADS. These pads are made of steel wool, impregnated with a special vegetable soap and are available at the store where you purchased your Cooker. After the Cooker and rack have been washed and rinsed with warm water, the Cooker is ready for its first use. Do not wash indicator weight.

The outside surface may be kept bright and shiny by cleaning with a good silver polish or simply washing with soap and water. Iron and various minerals in water and foods may darken the inside of the Cooker, but this discoloration will not affect food cooked in it in any way. Such stains may be removed by using ALUMA CLEANING PADS.

Never store the Cooker with the cover locked on, for this will cause unpleasant odors. The cover may be turned upside down on the Cooker so it rests nicely in this position yet allows circulation of air and prevents such odors. The Cooker should be kept in a dry place.

BECAUSE A PRESTO COOKER is a special saucepan, it is necessary to follow some special rules in taking care of it. Before using the Cooker, check over the diagram and become familiar with the various parts.

It is important to keep the cover handle and the Cooker handle right. The body seat (A) and the sealing ring (B) must be kept clean. It is important to see that the vent pipe is open and clean before each use.

Whenever attempting to remove the cover and open the Cooker, be sure the indicator weight is removed first. If the cover seems to stick or is hard to turn, it indicates that there is still pressure in the Cooker and it should be cooled further.

Whenever a recipe calls for placing the Cooker in a pan of cold water or cooler running water, do this immediately after the cooking time has elapsed. This action must be followed whenever a recipe is marked with a star [*]. Do not run water on over-pressure plug.

In using the Cooker, different procedure is followed with different foods. When braising or frying meats, the Cooker is first heated . . . a spoonful of fat is placed on the bottom and the meat seared well in the open Cooker. A small amount of water must then be poured into the Cooker with the meat remaining in the bottom. Place the cover on the Cooker and follow the cooking time as given in the specific recipes.

Vegetables should be placed on the rack for cooking. Fresh foods require very little water. In most cases, one-half cup is ample. Dried or dehydrated vegetables or fruits should be covered with water. IN NO CASE FILL THE COOKER MORE THAN TWO-THIRDS FULL. Soups, stews and most cereals are cooked in the bottom of the Cooker without the rack.

When ordering replacement parts . . . consult page 127 and order part by number.

The Indicator Weight . . . HERE'S HOW IT WORKS: The vent in the *indicator weight* remains in DOWN position when not in use. As pressure is built up in the Cooker, the stem rises. When the first band shows completely, the pressure in the Cooker is 5 lbs. Pressure at 5 lbs. is recommended for canning fruits and tomatoes.

When the second band shows completely, the pressure in the Cooker is 10 lbs. Pressure at 10 lbs. is recommended for canning vegetables, meat, fish, poultry and soups.

COOK position is reached when the third band shows completely. The third band is recommended for all cooking. USE THE ITEM IN COOK POSITION FOR ALL THE RECIPES IN THIS BOOK.

Cooking time is counted from the moment vent reaches the desired level. *Never take the cover off without first removing indicator weight. Never remove indicator weight until vent returns to* DOWN *position.*

VENT IN *Position* 5 LBS. *Pressure* 10 LBS. *Pressure* 15 LBS. *Pressure*

NOTE: A helpful warning to lower the heat is given when indicator weight begins to sizzle. Reduce heat slightly or, when using a conventional heat unit, remove Cooker to slightly cooler portion of burner.

A SIMPLE DEMONSTRATION IN THE USE OF A *Presto* COOKER

NOTE: *The steps shown here apply to foods cooked in three minutes. Virtually the same procedure applies to other cooking in a* PRESTO COOKER. *Additional steps for meat cookery are shown on page 13.*

1. Prepare food according to directions in specific recipe.

Recipes given in this book have been tested for a 4 quart Cooker. When using a smaller Cooker, reduce the quantity of ingredients proportionately, so that the Cooker is never more than two-thirds full.

2. Pour required amount of water in PRESTO COOKER. (Use rack when needed.) Have PRESTO on high heat.

3. Place food in PRESTO. Seasoning may be added before or after cooking. (Be certain that any foods cooked together require the same cooking time.)

4. Hold Cooker handle with left hand, place cover on [illegible] handles slightly apart. Move handles until cover [illegible] position.

5. Pu[illegible] cover [illegible] place directly [illegible] shown, so that cover [illegible] securely locked in place.

6. Keep Cooker over high heat and watch for steam to flow from vent pipe. When a steady blow of steam emerges, all air has been released. This usually requires about 5 minutes from the time steam vapor first escapes. Then place indicator weight on vent pipe.

7. Push down [illegible] firmly on vent pipe [illegible] weight is not down in position, steam will continue to escape.

10

10A

10B

11. Allen stem has returned to neutral position. Remove the indicator.

Never take the gas off without first removing and re-weighing. And never remove weight until stem returns to DOWN position.

2

13

14

15

IN COOKING MEATS

1

when touched with m

2

3. To test meat plac

4. Use long fork
meat and brown on all sides

5. Water added according

CARE OF COOKER

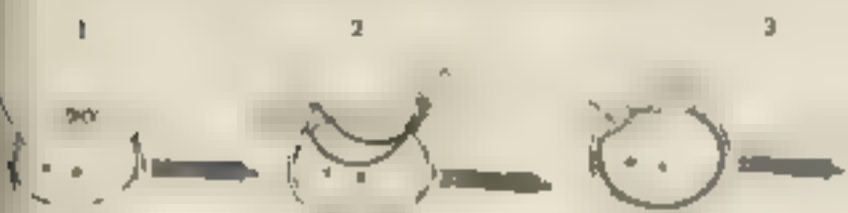
1

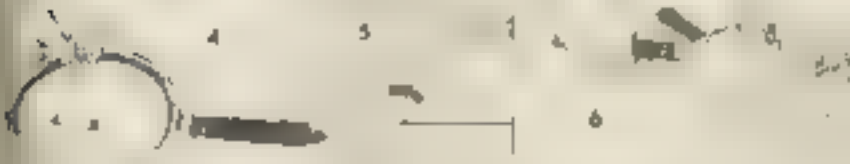
2

3.

NSTRUCTIONS FOR REVERS NG SEALING R NG OF PRESTO COOKER Model 40']

(To be followed in case of steam leak)





Over p

READ THIS PAGE CAREFULLY BEFORE YOU BEGIN

[illegible]

chilling may crack the meat.

[illegible]

RECIPES

SOME HINTS ON FOOD SELECTION

[illegible]

deteriorate rapidly (uncertain)

[illegible]

[illegible]

[illegible]

indicates tenderness and rich flavor (uncertain)

FOOD PREPARATION

In preparing roasts for cooking

mineral

have been lost

SEASONING

Cereal RECIPES

✦ CORNMEAL

3 cups water
1 cup milk
1 cup cornmeal

✦ CRACKED WHEAT

4½ cups water
1 cup milk
1 cup cracked wheat

✦ CREAM OF WHEAT

4½ cups water
1 cup milk
1 cup cream of wheat
1 tbsp butter

★ GRAPENUT WHEAT MEAL

5½ cups water
½ tsp. salt
cup rapenuts
Brown sug.

[illegible] Pour water [illegible] salt [illegible] stirring well. Place [illegible] Allow steam to [illegible] Place [illegible] Pour [illegible] and milk [illegible] cereal and serve

★ OATMEAL—QUICK OATS

4 cups water
tsp. salt
½ cup oatmeal

[illegible] Pour water [illegible] salt [illegible] stirring [illegible] Place [illegible] Allow steam [illegible] Pour [illegible] and milk [illegible] cereal should be used

★ RALSTON

5 cups water
1 tsp. salt
1 cup Ralston

[illegible] Pour water [illegible] salt [illegible] stirring [illegible] Place [illegible] Allow [illegible] Pour [illegible] and [illegible] weight on [illegible] and cook [illegible] Watch steam [illegible] and [illegible] when [illegible] Set [illegible] Stir before serving

CEREALS

SOYAWHEAT QUICK COOKING CEREAL

STURDIWHEAT

WHEATENA

WHEATSWORTH CEREAL

[illegible]

ripe and cook as potatoes

serving

WHOLE WHEAT

[illegible] Wash wheat in

whole wheat has been soaked. Place

Stir before serving

CEREALS FOR CHILDREN

BARLEY

[illegible]

★ MALT-O-MEAL

★ ROLLED OATS GRUEL

★ ROLLED OATS PORRIDGE

CEREAL	[illegible]	[illegible]
★ Cornmeal	10	3 cups
★ Cracked Wheat	25	4 cups
★ Cream of Wheat	7	5½ cups
★ Enriched Wheat Meal	6	3½ cups
★ Quick Cook Oatmeal	3	2 cups
★ Steel Cut Oats	0	3 cups
★ Rolton	1	3 cups
★ Scrambled Quick Cooking	10	4 cups
★ Stone Wheat	[illegible]	3½ cups
★ Wheat and	4	3 cups
★ Wheatsworth Cereal	5	3 cups
★ Whole Wheat	45	2 cups
★ Barley	25	4 cups
★ Mal-O-Meal	3	4 cups
★ Rolled Oats Gruel	20	3 cups
★ Rolled Oats Porridge	20	2 cups

Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR ★

Soup RECIPES

BEEF TOMATO SOUP

BROWN SOUP STOCK

CHICKEN SOUP

CREAM SOUPS

CREOLE GUMBO

tbsp. flour
drippings or fat
cups cut okra
large onion,
chopped
garlic, minced
green pepper,
chopped
cups canned tomatoes
butter
cup chopped
cup flour
cups hot water
lb. lean ham,
tablespoon dried leaves
tsp. salt
chopped fine
tsp. salt
Few grains pepper
tsp. cayenne
pepper
cups cooked

[illegible] pepper

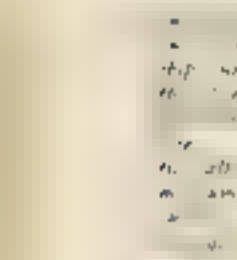
FRENCH ONION SOUP

tbsp. butter
large onions,
minced
cup brown soup
stock
cups crisp buttered
flours
cup dry Parmesan
cheese, grated
cups cooked

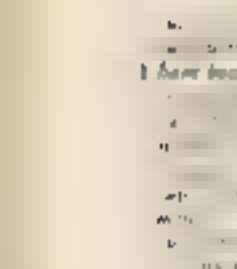
Melt butter in [illegible] add onions and cook [illegible] Place [illegible] Add [illegible] pepper and cayenne. Place [illegible] Parmesan cheese

HAMBURG VEGETABLE CHOWDER

LENTIL SOUP



NAVY BEAN SOUP



POTATO SOUP

[illegible]

SOUP STOCK

[illegible]

SOUTHERN OKRA CHOWDER

[illegible]

½ cup onion, minced
1 tsp. salt
1 cup parsley, minced

[illegible]

SPLIT PEA SOUP

[illegible] cup dried split peas
4 cups water
[illegible] ham shank
[illegible] tsp. salt
[illegible]
[illegible] peppercorns
[illegible] bay leaf
[illegible] cup milk
[illegible] tbsp. flour
[illegible]

[illegible]

VEGETABLE SOUP

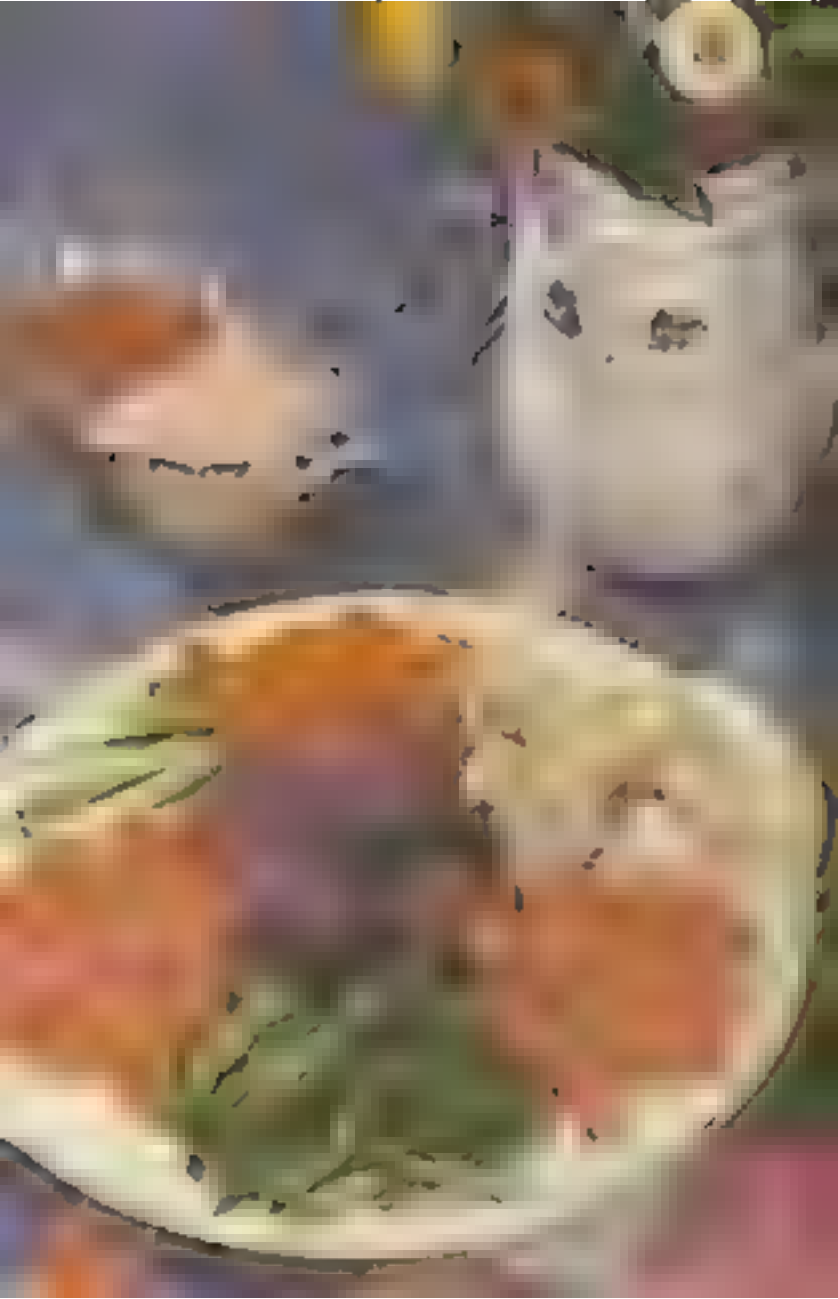
[illegible] lb. soup meat
small soup bone
4 cups water
[illegible] tsp. salt
[illegible] cup uncooked rice or barley
[illegible] cups tomatoes
[illegible] cup potatoes, diced
[illegible] cup carrots, diced
[illegible] cup green beans, chopped
[illegible] cup celery, diced
[illegible] tbsp. parsley, minced
[illegible]

[illegible] soup before serving.

[illegible]

SOUPS	[illegible]	[illegible]
Beef Tomato Soup	1	6 cups stock 2 cups tomato juice
Brown Soup Stock	15	6 cups water
Chicken Soup	15	6 cups water
Creole Gumbo	15	4 cups water cup tomato sauce
French Onion Soup	1	4 cups stock
Hamburg Vegetable Chowder	15	1½ cups water
Lentil Soup	15	6 cups water
Navy Bean Soup	30	4 cups water
Potato Soup	5	3 cups water
Soup Stock	20	6 cups water
Southern Okra Chowder	15	2 cups water
Split Pea Soup	15	4 cups water 1 cup milk
Vegetable Soup	20	4 cups water

Quantities of ingredients given in many of the soup recipes in this book [illegible] Cooking [illegible] vegetables may be added or the quantity of water in the may be added in the later [illegible] additional boiling water may be added after cooking.



Vegetable RECIPES

ARTICHOKES

★ ASPARAGUS (Tips)

Asparagus tips
cup water or chicken broth
Salt to taste

Wash and cut asparagus tips from stalks. Place asparagus tips in steamer basket with large ends toward center. Place steamer basket in saucepan. Add water to saucepan. Place steamer basket in saucepan. Add water to steamer basket. Add salt to taste. Cook 3 to 5 minutes with steam at COOK setting. Add seasoning.

★ BEANS—Green or Wax

Green beans
cup water or chicken broth
Salt to taste

Wash and cut beans. Place beans in steamer basket with water. Place steamer basket in saucepan. Add water to saucepan. Place steamer basket in saucepan. Add water to steamer basket. Add salt to taste. Cook 3 to 5 minutes with steam at COOK setting. Add seasoning.

★ BEANS—Green Lima

Green lima beans
cup water or chicken broth
Salt
Butter

Wash and cut beans. Place beans in steamer basket with water. Place steamer basket in saucepan. Add water to saucepan. Place steamer basket in saucepan. Add water to steamer basket. Add salt to taste. Cook 3 to 5 minutes with steam at COOK setting. Add butter.

★ BEETS—(Whole)

Beets
cup water or chicken broth
Salt and butter

Wash and cut beets. Place beets in steamer basket with water. Place steamer basket in saucepan. Add water to saucepan. Place steamer basket in saucepan. Add water to steamer basket. Add salt to taste. Cook 3 to 5 minutes with steam at COOK setting. Add butter.

★ BROCCOLI

Broccoli
up under on under
with rack
Salt optional

M[illegible] Wash [illegible] and remove [illegible]
Place [illegible] on rack [illegible] with water
Place [illegible] on rack. Add [illegible] low
[illegible] pipe [illegible] all [illegible]
Place [illegible] weight [illegible]
[illegible] with [illegible]
Cook Cooker at once Season

★ BRUSSELS SPROUTS

Brussels sprouts
up under on under
with rack
Salt to taste

M[illegible] Wash [illegible] remove [illegible]
[illegible] water Add [illegible] water [illegible]
[illegible] Place [illegible] on rack [illegible]
with water Place [illegible] on rack. Add [illegible]
[illegible] low [illegible] pipe [illegible] all [illegible]
[illegible] Place [illegible] weight [illegible]
[illegible] with [illegible]
[illegible] with [illegible]

★ CABBAGE—(Quartered)

1 Head cabbage
up under on under
with rack
Salt to taste

M[illegible] Wash [illegible] Place
[illegible] on rack [illegible] Place
[illegible]
[illegible]
Place [illegible] weight [illegible]
[illegible] with [illegible]
Cook Cooker at once Season

★ CARROTS

Carrots
cup water to Cooker
with rack
Salt to taste

Me[illegible] Wash [illegible] Place [illegible]
Place [illegible] on rack [illegible] with water
Place [illegible] on rack. Add [illegible]
[illegible] low [illegible] pipe [illegible] all [illegible]
Place [illegible] weight [illegible] with
[illegible] minutes with [illegible]
[illegible] depending [illegible]
Season with [illegible]

CAULIFLOWER (Flowerets)

cauliflower flowerettes
Salt to taste
1 tbsp butter

page 8.

CAULIFLOWER Whole

page 8.

CELERY

Salt, if desired

weight on vent pipe and cook 3 to 4

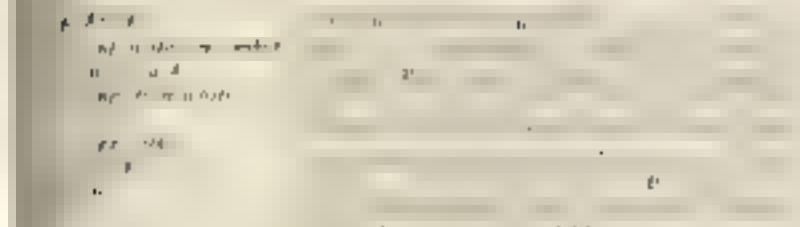
Once Season if desired

CORN On-the-cob

vent pipe to release all air from

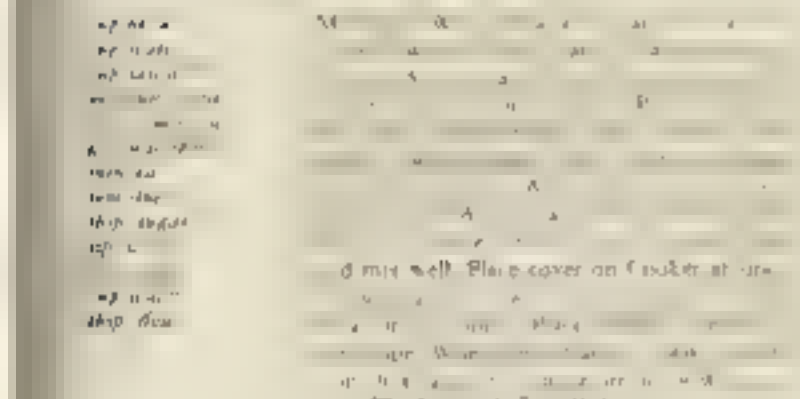
3 to 5 minutes with vent at cook p
Cool Cooker at once

KOHLRABI



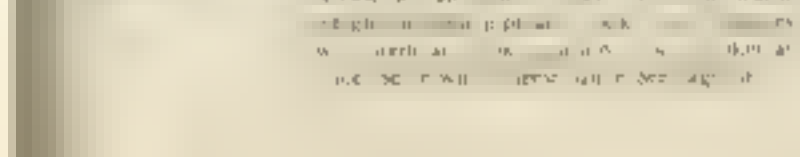
Sprinkle with paprika. Add salt

SOUTHERN OKRA



...ion. Thicken with flour if desir-

ONIONS Whole



VEGETABLES

★ PARSNIPS

Parsnips
½ cup water in cooker with rack
Butter
Salt to taste
Paprika

M[illegible] Wash and cut parsnips in halves. Place on rack with water in cooker. Season. Place cover on cooker. Allow steam to flow from vent pipe before closing. Place regulator weight on vent pipe and cook [illegible] minutes with [illegible] pressure. Remove weight and open cooker at once. Drain and season with pepper. Whole parsnips require [illegible] minutes.

★ PEAS—(Green)

Fresh peas
cup water in cooker with rack
Salt
Sugar
tsp. butter

Shell and wash peas. Place peas on rack with water in cooker. Season with salt, sugar and butter. Place cover on cooker. Allow steam to flow from vent pipe before closing. Place regulator weight on vent pipe and cook [illegible] minutes with steam at [illegible] pressure. Large peas require [illegible] minutes. Cool cooker at once.

★ POTATOES (Small)

small whole new potatoes
cup water in cooker with rack
Salt and pepper

M[illegible] Wash and cut [illegible] potatoes. Place potatoes in cooker with water and season. Place cover on cooker. Allow steam to flow from vent pipe before closing. Place regulator weight on vent pipe and cook [illegible] minutes with steam at [illegible] pressure. Cool cooker at once. Season with salt and pepper.

★ POTATOES (For Mashing)

Large potatoes
cup water in cooker with rack
Milk
Salt to taste
Butter

M[illegible] Pare potatoes and cut [illegible] halves. Place potatoes on rack with water in cooker. Place cover on cooker. Allow steam to flow from vent pipe before closing. Place regulator weight on vent pipe and cook [illegible] minutes with steam at [illegible] pressure. Cool cooker at once. Mash potatoes with milk, salt and butter. Whip until creamy and serve.

★ POTATOES (Baking size)

Baking Potatoes
scrub and dry
rub with oil, bake
until done

[illegible] Bake at 400° F. about 1 hour. Remove from oven. Cut a slit lengthwise in top of each potato. Press potato gently from both ends to open. Add butter, salt and pepper. Serve hot.

★ SWEET POTATO BALLS

3 medium sweet
potatoes, boiled and
rub with oil, bake
until done
¼ cup chopped pecans
egg, beaten
Bread crumbs or corn flake
crumbs
Shortening

[illegible] Mash potatoes. Add pecans, egg, salt and pepper. Shape into balls. Roll in crumbs. Fry in deep fat (375° F.) until golden brown. Drain on absorbent paper.

★ CANDIED SWEET POTATOES

[illegible]
rub with oil, bake
1 cup
Hot water

[illegible] Add water. Cook slowly, basting frequently with syrup, until potatoes are tender and glazed.

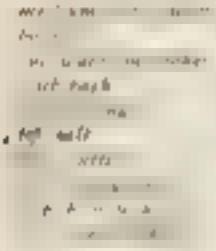
★ SWEET POTATOES

or 5 medium sweet
potatoes
rub with oil, bake
with rack

[illegible] Bake at 400° F. about 1 hour. Remove from oven. Cut a slit lengthwise in top of each potato. Press potato gently from both ends to open. Add butter, salt and pepper. Serve hot.

VEGETABLES

SWEET POTATOES N ORANGE CUPS



to release all air from Cooker Place

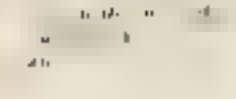
and bake 25 minutes at 250° F

RUTABAGAS

and vent pipe to release all air from

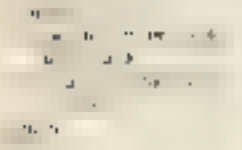
5 to 7 minutes with steam at 15 lbs
Cool Cooker at once

SPINACH And other greens



and cook minute with steam at 15 lbs
Cool Cooker at once Season

SQUASH—HUBBARD



Place cover on Cooker. Allow steam

and add salt pepper and butter

• SQUASH—SUMMER

[illegible]

Directions: Wash squash and [illegible]

[illegible] Place squash on rack with water in Cooker Plate [illegible]

and butter. Serve on shell or [illegible]

• TOMATOES (Escalloped

[illegible]

[illegible]

Remove from the Cooker. Pour water [illegible]

[illegible] Allow steam to flow from vent pipe [illegible]

• TURNIPS

[illegible]

[illegible] on rack with water in Cooker Plate [illegible]

DRIED VEGETABLES

[illegible] longer [illegible] necessary [illegible] dried vegetables for [illegible]. [illegible] wide [illegible] of [illegible] vegetables [illegible] prepared [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] these foods expand.

BAKED BEANS

2 cups dried beans
¼ lb. salt pork, diced
[illegible]
1 tsp. salt
2 tbsp. molasses
tsp. mustard
1 medium onion, diced or whole
2 tbsp. catsup
Water
(Use 4 qt. Cooker)

M[illegible]: [illegible] beans overnight. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] Cooker. Allow steam to flow from vent pipe to release air from cooker. Place [illegible] weight on vent pipe and cook [illegible] [illegible] [illegible] [illegible] position.

BAKED SOY BEANS

2 cups soy beans
¼ lb. salt pork or bacon, diced
1 tsp. salt
Water

Method: Wash and soak soy beans in water overnight. [illegible] beans. Follow [illegible] Baked Beans [illegible] water [illegible] cooking [illegible] beans.

KIDNEY BEANS

2 cups kidney beans
Water
tsp. salt

Method: Wash and soak beans overnight. Place beans in cooker with enough water to cover. [illegible] Cooker [illegible] Additional water [illegible] required [illegible] tsp. Place cover on Cooker. Allow steam to flow from vent pipe to release air from cooker. Place control weight on vent pipe and cook [illegible] minutes with steam at [illegible] position. Let spindle return to normal position.

DRY LIMA BEANS WITH BACON

1 cup dried lima beans
4 strips bacon, diced
1/2 cup water
Water

Method: Wash and soak beans overnight in enough water to cover. Add bacon and water. Add salt and pepper to taste. Place cover on cooker. Place [illegible] on cover. Allow steam to flow freely from pipe for [illegible] minutes. Place weight on pipe and cook [illegible] minutes with steam at cooking position. Let steam escape to DOWN position.

SPLIT PEAS, GREEN AND YELLOW LENTILS

Method: Wash and prepare as directed by [illegible] cook [illegible] minutes with steam at COOKING position.

NAVY BEANS

1 cup dried navy beans
1/4 cup pork or bacon, diced
1/2 cup water
Water

Method: Soak beans overnight. Add [illegible] and soak. Add [illegible] with enough water to cover. Place cover on cooker. Allow steam to flow freely from pipe for [illegible] minutes. Place weight on pipe and cook [illegible] minutes with steam at COOKING position. Let steam escape to DOWN position.

HOMINY

1 cup hominy
4 cups boiling water
1/2 tsp salt

Method: Cover hominy with water and let stand overnight. Drain and save liquid. Add water to liquid, bring to a boil. Place hominy, water and salt in cooker. Place cover on cooker and lock. Allow steam to flow freely from pipe to release air in cooker. Place pressure weight on pipe and cook [illegible] minutes with steam at COOKING position. Let steam escape to DOWN position.

DRIED FOODS

• MACARONI

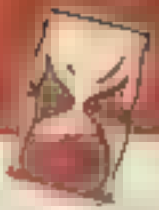
• SPAGHETTI

• WHITE BROWN OR WILD RICE

VEGETABLE

[illegible]

...al Cooker [illegible] d wate[illegible] under fau[illegible] of [illegible] or
[illegible] reduce hea[illegible] qui[illegible]y for all foods marked with S[illegible]AR *



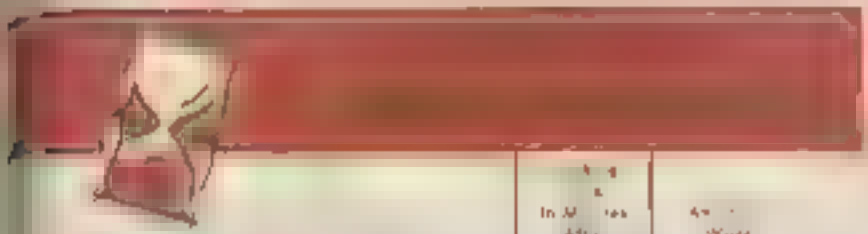
VEGETABLE		
[illegible] Dried	45	[illegible]
Beans, Kidney	40	[illegible]
Beans, Kidney	25	[illegible]
[illegible]	5	[illegible]
[illegible]	2	[illegible]
[illegible] Green or Yellow	5	[illegible]
Beans, Navy	45	[illegible]
Hominy	25	[illegible] per cup hominy

OTHER DRIED FOODS

★ Macaroni	5 to 6	[illegible]
★ Spaghetti	5 to 6	[illegible] per cup spaghetti
★ Rice	20	[illegible]

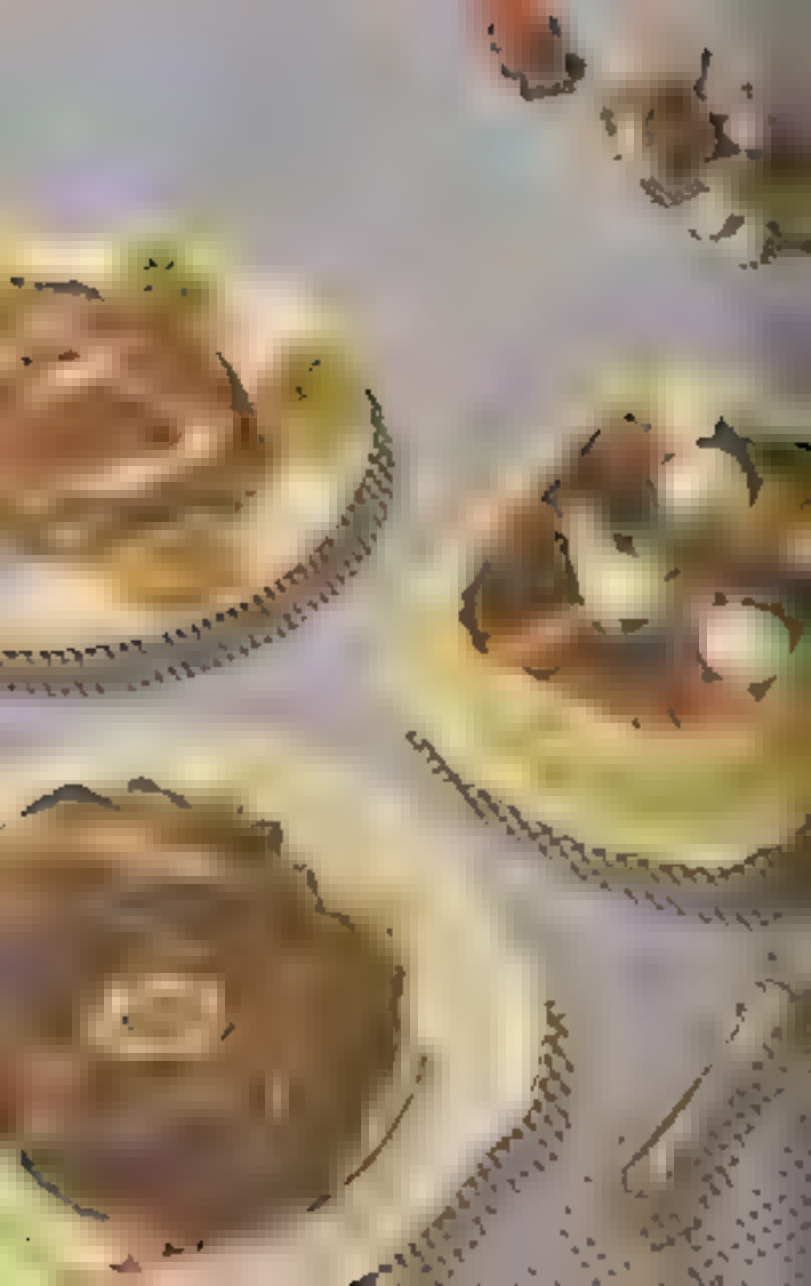
Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR ★

DIRECTIONS



FROZEN VEGETABLES		
★ Asparagus Cuts		
★ Asparagus Tips		
★ Green Beans		
★ Wax Beans		
★ Broccoli		
★ Brussels Sprouts		
★ Carrots and Peas (mixed)		
★ Cauliflower		
★ Garden Baby Corn		
★ Corn on Cob		
★ Peas		
★ Spinach		

Set Cooks in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR ★



Meat RECIPES

CORNED BEEF

STUFFED FLANK STEAK

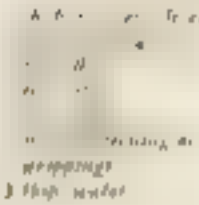
BREAD DRESSING

HAMBURGER PATTIES

STUFFED BEEF HEART

BEEF LIVER

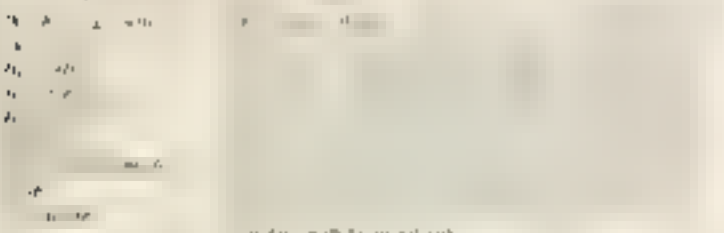
BEEF LIVER ROLLS



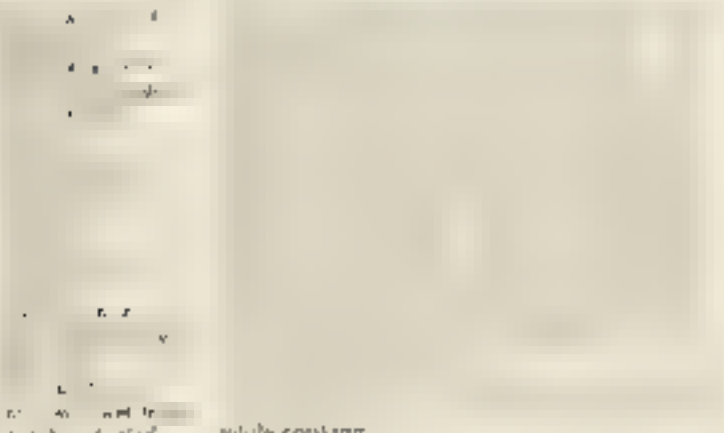
MEAT BALLS

NORWEGIAN MEAT BALLS

PORCUPINE MEAT BALLS

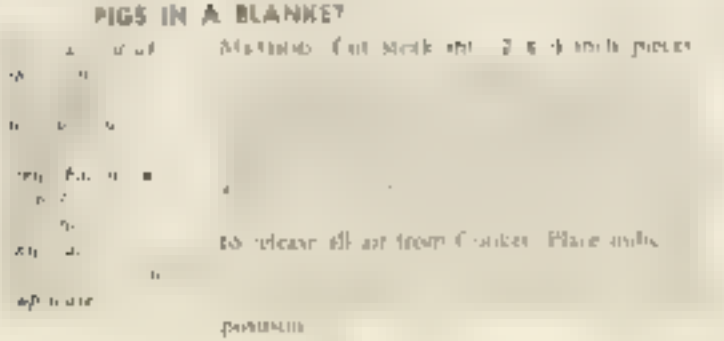


MEAT LOAF



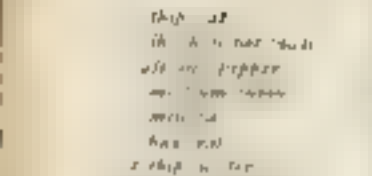
potatoes, peeled while cooking

PIGS IN A BLANKET

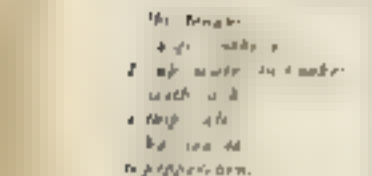


potatoes

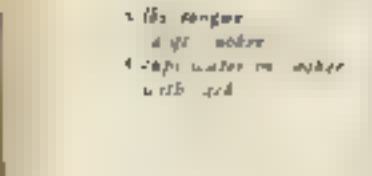
BEEF POT ROAST



FRESH TONGUE



SMOKED TONGUE

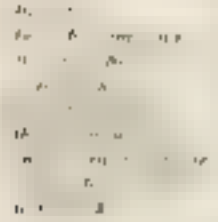


HAM LOAF

PICNIC HAM OR PLAIN CUT (For Boiling)

HAM SHANK (Boiled)

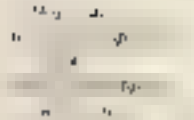
HAM SLICE



heat pipe and cook 30 minutes with

Cook syrup until thin

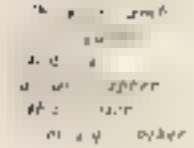
LAMB CHOPS



Cooker. Allow steam to flow from vent release all air from Cooker. Place in

If desired Let steam return to brown

LEG OF LAMB



heat pipe and cook 35 minutes with

page 104.

PORK LOIN ROAST

SHORT RIBS OF BEEF

SPARE RIBS WITH BAR-B-CUE SAUCE

VEAL BIRDS

[illegible] veal steak
[illegible] fat
[illegible] and [illegible]
sage dressing
[illegible] [illegible]
[illegible] fat
1 onion
[illegible] salt and
pepper
[illegible]
[illegible] flour
[illegible]

[illegible] ground veal bird. Fasten with [illegible]. [illegible] gravy with 1 tablespoon [illegible] cup water.

VEAL ROAST

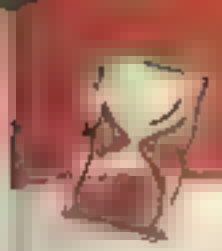
[illegible] fat bacon
[illegible] [illegible] powder
[illegible]
[illegible]
[illegible]
[illegible]

Method: Heat Cooker and add cups [illegible] meat well on all sides. Add salt leaves and water. Place cover on [illegible]. Allow steam to flow from vent pipe to [illegible] Cookers. Place valve vent pipe and cook for 45 minutes with [illegible] pressure.

BREADED VEAL STEAK

2 lbs. veal steak, 1 in thick
Salt and pepper
3 cup cracker crumbs
[illegible]
[illegible] beaten egg
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible] crumbs then in egg [illegible]. [illegible] rush with parsley before serving.



MEAT

Fish AND SEA FOOD RECIPES

FISH STEAMED IN TOMATO SAUCE

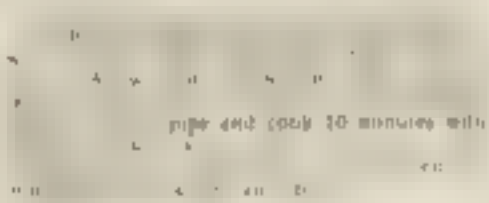
HALIBUT STEAK

FISH AND SEA FOODS

★ STEAMED CLAMS

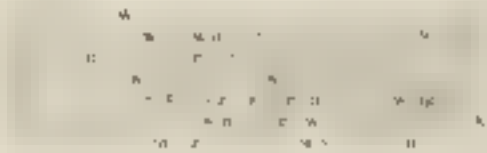
FINNAN HADDIE

★ LOBSTER



★ PERCH

LAKE TROUT



SALMON LOAF

[illegible] salmon
[illegible]
[illegible]
[illegible]
[illegible]
cup [illegible]
[illegible]

[illegible]

STEAMED SHRIMP

[illegible] fresh shrimp
[illegible] salt
[illegible] bay leaf
[illegible]
[illegible] vinegar
[illegible]
[illegible]

[illegible]

FISH	[illegible]	[illegible]
Steamed [illegible]		[illegible]
[illegible]		[illegible]
[illegible] Sauce		[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
Steamed [illegible]	[illegible]	[illegible]

[illegible] in cold water [illegible] place [illegible] all foods marked with [illegible]

Poultry AND WILD GAME RECIPES

BARBECUED CHICKEN

BRAISED CHICKEN WITH DRESSING

CHICKEN CURRY

FRICASSEE OF CHICKEN

FRIED CHICKEN

CHICKEN HAWAIIAN STYLE

- 1 chicken, jointed and
- seasoned, browned
- 1 tablespoon chopped
- celery
- 1 tablespoon
- seasoned flour
- 1 tablespoon
- margarine
- 1 onion
- 1 tablespoon chopped
- 1 clove garlic
- 1 tablespoon soy sauce
- 1 tablespoon
- Worcestershire sauce
- 1 tablespoon
- chopped parsley
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup sliced
- mushrooms
- 1 cup pineapple
- juice
- 1 tablespoon
- cornflour
- 1 tablespoon
- vinegar
- 1 tablespoon
- brown sugar
- 1 tomato, cut
- into wedges
- 1 green pepper,
- cut into rings

Brown chicken pieces in margarine. Add onion, garlic, celery and parsley. Cook for 5 minutes. Add mushrooms, pineapple juice, soy sauce, Worcestershire sauce, vinegar, brown sugar, mustard, salt and pepper. Cover and simmer for 30 minutes. Add tomato and green pepper. Cook for 5 minutes. Blend cornflour with a little water and add to sauce. Stir until thickened. Serve with cooked rice or fried noodles.

CHICKEN LIVERS WITH MUSHROOMS

- 1 lb chicken livers
- 1 tablespoon butter
- 1 cup sliced mushrooms
- 1 cup milk
- ¼ cup flour
- salt and pepper

Melt butter in pan. Add mushrooms and cook for 2 minutes. Remove mushrooms. Add livers and brown quickly. Remove livers. Add flour to pan and cook for 1 minute. Add milk and stir until thickened. Add mushrooms and livers. Season to taste. Cook for 5 minutes. Serve with rice or noodles.

CHICKEN PAPRIKA

- 1 fowl, cut into pieces
- salt, pepper and flour
- Paprika
- 2 tablespoons fat
- 1 cup sour or sweet cream

Melt fat. Wash and dry chicken pieces. Combine flour, salt, pepper and paprika. Roll chicken pieces in flour mixture. Add to melted fat and brown. Add onion and cook for 5 minutes. Add water, cover and simmer for 1 hour or until chicken is tender. Remove chicken pieces and keep warm. Add cream to pan juices and stir until thickened. Serve with chicken pieces.

POULTRY AND GAME

PRESSED CHICKEN

[illegible] Directions: Wash and cut chicken into serving [illegible]

[illegible] Have bones taken out; rinse all and drain [illegible]

[illegible] in steam heater or steamer pot until [illegible]. Remove [illegible]

[illegible] in 2 tbsp. cold water. Add to the broth [illegible]

[illegible]

[illegible] in refrigerator to set

SAVORY CHICKEN

2 ½ lb. chicken, cut for [illegible]

[illegible] Cook 45 minutes with stems of [illegible]

[illegible] Cover and

2 tbsp. olives, chopped

STEWED CHICKEN AND DUMPLINGS

[illegible]

WILD DUCK

with 1 tsp salt and ... tsp soda for each
qt of water used. Rinse in clear water
... dry. Place onions, celery and carrots in

... Parsley, thyme, bay leaf, salt and pepper to taste

... Let stand overnight in ... pickling solution

SQUAB

... may be placed under broiler if one

HASEN PFEFFER

... Sauce

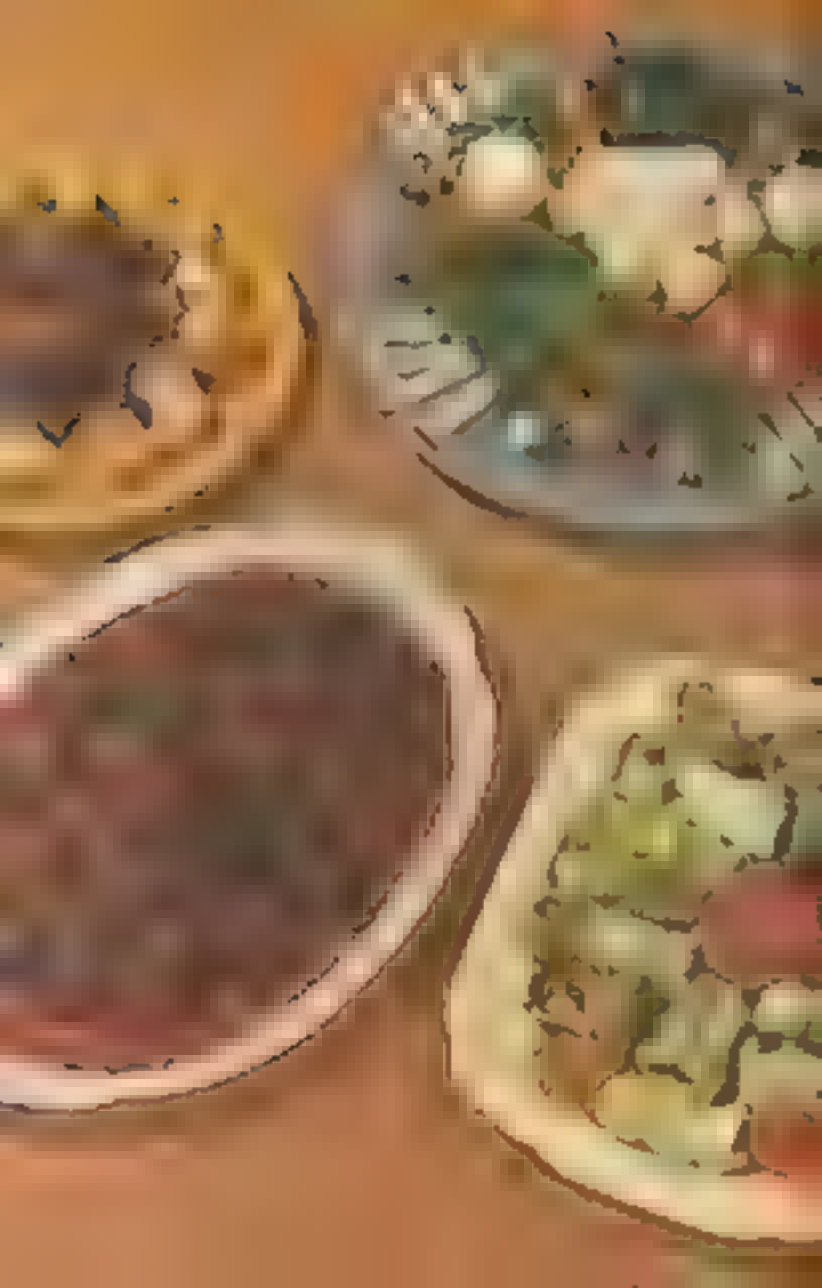
... desired

SMOTHERED PHEASANT

SQUIRREL

VENISON

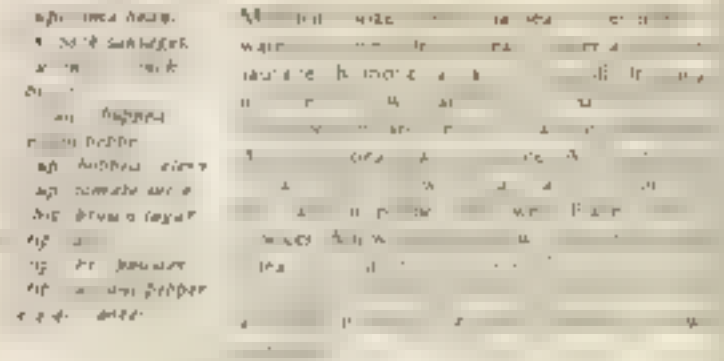
POULTRY OR GAME



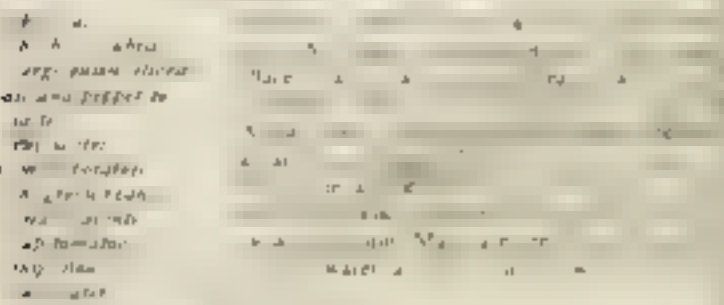
Combination DISHES

• GREEN BEANS WITH BACON

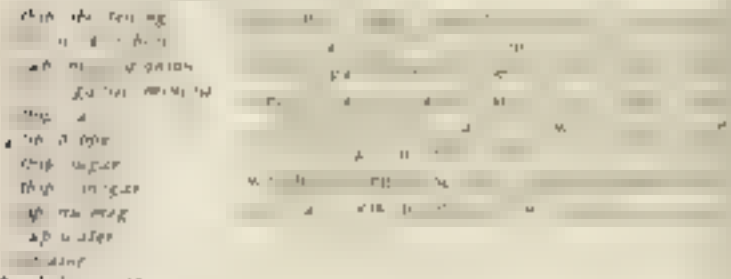
LIMA BEAN POT



BEEF STEW



★ BELGIAN STEW



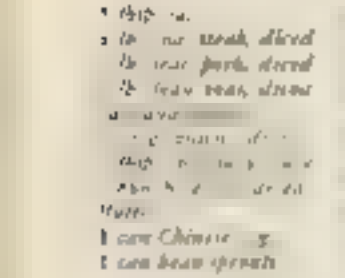
BRUNSWICK STEW

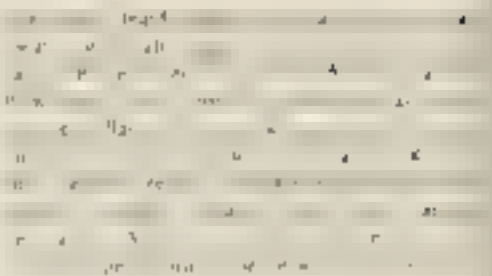
CHILI CON CARNE

AMERICAN CHOP SUEY

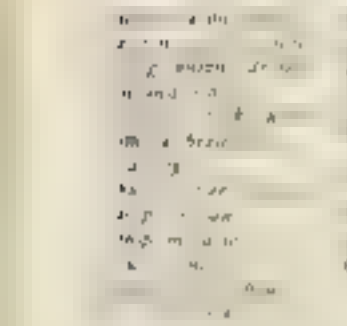
COMB NAT ON D SHES

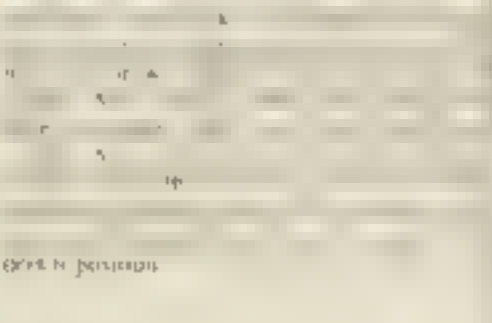
CHOP SUEY, FANCY





CHOP SUEY, PLAIN





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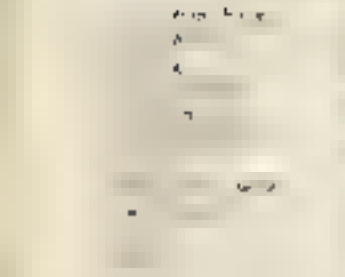


EGGPLANT Stuffed with diced lamb

eggplant

HUNGARIAN GOULASH

cubes and tomato paste. Place

Cook 45 minutes with stem at crown position

beef is tender.

LAMB STEW NO. 1

brown position

LAMB STEW—NO. 3 WITH DUMPLINGS

2 tbsp. fat
2 lbs. breast of lamb
cut in 1½ inches
Salt and pepper
medium green
pepper sliced
4 onions, sliced
1 tbsp. Worcestershire
Sauce
4 carrots, cut in half
6 cups hot water

Melt fat in Cooker. Add a few pieces of lamb at a time and brown on all sides. Season with salt and pepper. Add green pepper, onions, Worcestershire Sauce and water. Place cover on Cooker. Attach steam regulator to steam vent pipe to release all air from cooker. Put indicator weight on vent pipe and cook 5 minutes with steam escaping freely. Remove weight and drop in dumplings. For Dumplings see recipe on page 91.

ROUMANIAN MEAT BALLS

1½ pounds ground beef
cooked mashed
potatoes
1 cup milk
1 tsp. salt
½ tsp. pepper
½ cup flour
2 tbsp. shortening
1 cup water
1 tbsp. sugar
½ cup vinegar
juice of 1 lemon

Mix well the ground beef, cooked potatoes, milk, salt, pepper and flour. Shape into balls. Melt shortening in Cooker. Brown meat balls on all sides. Add water, sugar, vinegar and lemon juice. Place cover on Cooker. Attach steam regulator to steam vent pipe to release all air from cooker. Put indicator weight on vent pipe and cook 5 minutes with steam escaping freely. Remove weight and drop in dumplings as directed on page 91. Cook dumplings 10 minutes with steam escaping freely. Remove weight and serve meat balls and dumplings with sauce.

MEAT CABBAGE ROLLS

large head cabbage
1½ lbs. ground beef
2 cups rice
1 tbsp. pepper
½ cup cooked rice
½ cup oil
1 tbsp. salt
1 tbsp. brown sugar
1 cup hot water

Mix well the ground beef, cooked rice, oil, salt and pepper. Remove leaves from cabbage head. Place a spoonful of meat mixture on each of the cabbage leaves and roll. Fasten with cocktail sticks. Place cabbage rolls in Cooker and brown lightly on both sides. Sprinkle with brown sugar and add hot water. Place cover on Cooker. Attach steam regulator to steam vent pipe to release all air from cooker. Put indicator weight on vent pipe and cook 5 minutes with steam escaping freely. Remove weight and serve cabbage rolls with sauce in bottom of Cooker.

PORK CHOPS WITH VEGETABLES

- 1 tbsp. oil
- 4 pork chops, cut
  about 1/2
- Salt and pepper
- 1 cup water
- 4 potatoes, small
- 4 carrots, whole
- mushrooms
- 1 cup water

DOWN position

ESCALLOPED POTATOES WITH PORK CHOPS

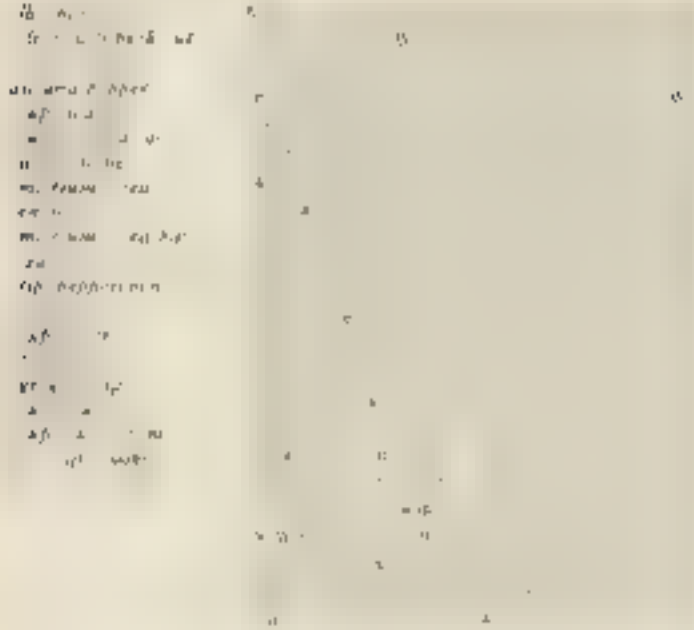
- tbsp. butter
- tbsp. flour
- cup milk
- cup salt
- tbsp. chopped onion
- 4 pork chops
- Pepper
- 4 medium sized
  potatoes, sliced
- cheese, grated

6 SPAGHETTI WITH MEAT SAUCE

- tbsp. salad oil or
- lb. ground beef
- cup chopped onion
- cloves garlic, minced
- cup chopped celery
- green pepper, sliced
- tsp. salt
- 1-oz. can tomato
  paste
- cup tomato juice
- tsp. chili powder
- tsp. cayenne pepper
- tsp. sage powder
- 1-oz. package long
  spaghetti
- 1-oz. package
  Parmesan cheese

COMBINATION D SHES

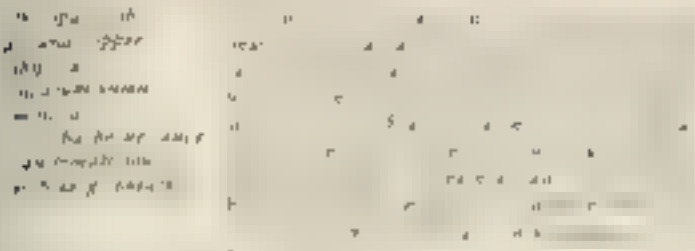
SAUERBRATEN



SPARE R BS AND SAUERKRAUT

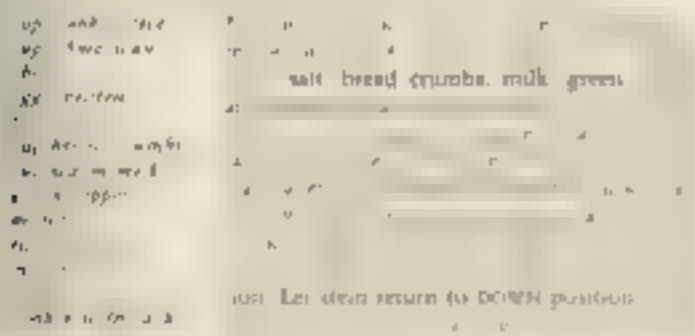
Cook F cker in sauce

SPARE RIB COMBINATION



Smoker at once

SOUTHERN RICE LOAF WITH MUSHROOM SAUCE



salt bread crumbs milk green

Let steam return to DOWN position

mushroom sauce. See page 103

STUFFED SQUASH

COMBINATION DISHES

SWISS STEAK—No. 1

2 lbs. round steak, 1 inch thick
2 tbsp. flour
small onion, minced
4 tbsp. horseradish
Salt and pepper
2 tbsp. fat
cup water

Mix enough of steak into serving pieces. Mix flour with salt and pepper. Pound steak in both sides. Roll steak into seasoned flour. Heat Cooker and add fat. Brown steak on both sides. Sprinkle onion and horseradish over meat and add water. Place cover on Cooker. Allow steam to flow from vent pipe. Release all air from cooker. Place pound of weight in vent pipe and cook 5 minutes with steam at low pressure. Let steam return to zero position.

SWISS STEAK No. 2

2 lbs. round steak, cut about inch thick
Salt and pepper, flour
2 tbsp. fat
medium-sized, sliced
medium bunch celery, sliced
medium green pepper, sliced
cup tomato soup
cup water
tbsp. corn starch

Mix pepper. Cut meat into serving pieces. Season with salt and pepper and roll in flour. Heat Cooker and add fat. Brown meat on both sides. Add onion, celery, pepper, tomato soup and water. Place cover on Cooker. Allow steam to flow from vent pipe. Release all air from cooker. Place pound weight on vent pipe and cook 15 minutes with steam at low pressure. Let steam return to zero position. Remove meat and vegetables to platter. Thicken gravy with corn starch.

STEAMED DUMPLINGS

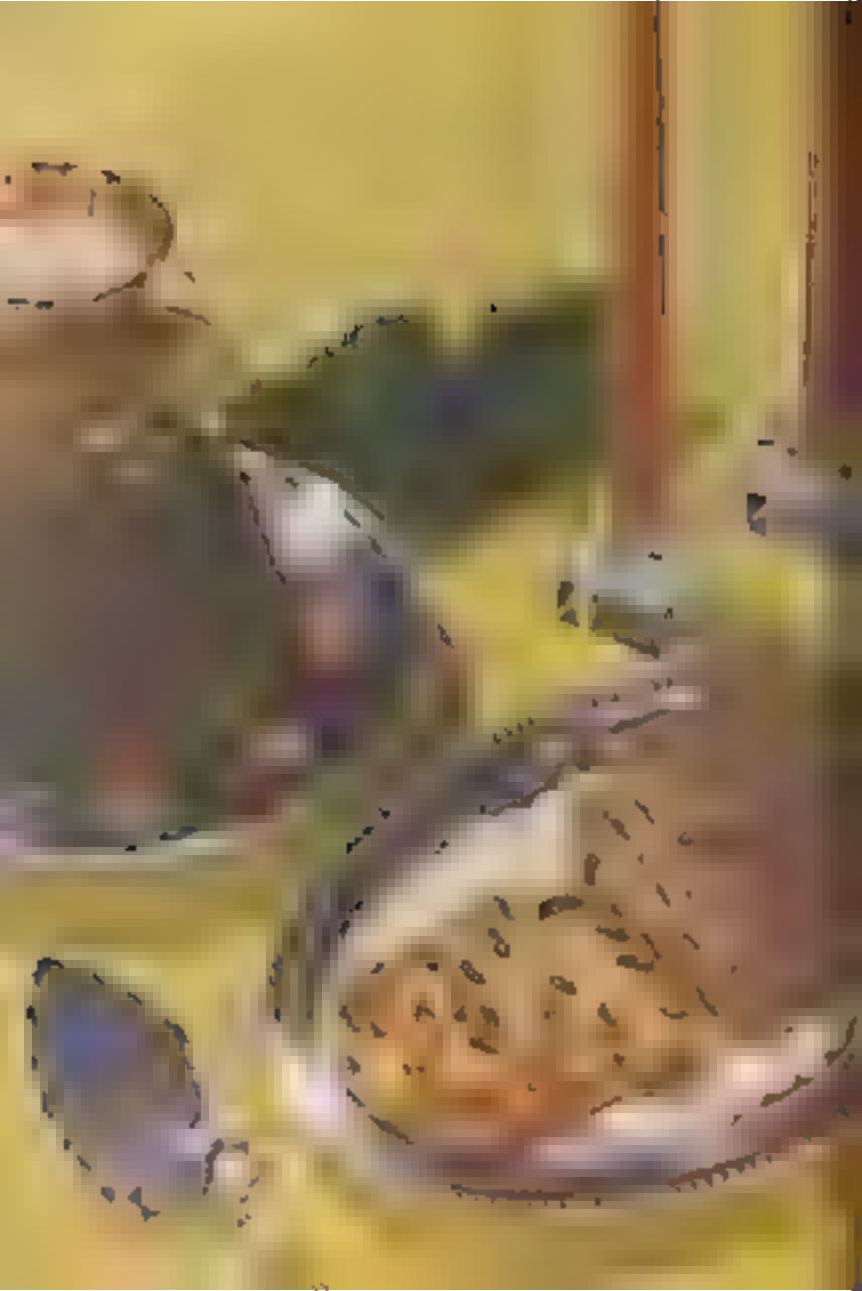
cup flour
½ tsp. baking powder
½ tsp. salt
egg, beaten
cup milk
2 tbsp. melted fat or salad oil

Mix and sift flour, baking powder and salt together. Combine egg, milk and oil and add dry ingredients. Stir to make soft dough. Drop by teaspoonfuls into stew. Cook 10 minutes in open kettle. Cover and cook 10 minutes longer. Place on platter with meat and stew. Pour gravy over dumplings.

MEAT

	Cooking Time In Minutes After Steam Reaches Cooking Position	Amount of Liquid to be Added After Searing or All Ingredients
* Green Beans with Bacon	3 to 4 complete	¼ c. water
Lima Bean Pot	25 complete	1½ c. tomato juice
Beef Stew	10 to 12 complete	½ c. water
◆ Belgian Stew	20 complete	½ c. water
Brunswick Stew	20 complete	½ c. water
Chili Con Carne	5 complete	2 c. tomatoes
Chop Suey, American	10 to 12 complete	1 tbsp. water 1 tbsp. soy sauce
Chop Suey, Fancy	0 complete	2 tbsp. chop suey sauce
Chop Suey, Plain	8 complete	2 tbsp. soy sauce
* Corn Cabbage	2 to 3 complete	½ c. water
Eggplant (Stuffed with diced lamb)	8 to 10 complete	½ c. water
Hungarian Goulash	15 complete	½ c. water
Lamb Stew No. 1	complete	½ c. water
Lamb Stew No. 2	6 complete	1 c. water
Roumanian Meat Balls	10 complete	½ c. water
Meat Cabbage Rolls	0 complete	½ c. water
Pork Chops with Vegetables	0 to 12 complete	½ c. water
Escalloped Potatoes with Pork Chops	0 complete	1 c. milk
* Spaghetti with Meat Sauce	0 complete	¾ c. tomato juice
Sauerbraten	45 complete	2 c. liquid
* Spare Ribs, Sauerkraut	15 complete	
* Spare Rib Combination	5 complete	c. tomato soup
Southern Rice Loaf with Mushroom Sauce	20 complete	2 c. water
* Stuffed Squash	complete	½ c. water
Swiss Steak	15 complete	½ c. water

Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR *



Dessert AND STEAMED BREAD RECIPES

BREAD PUDDING

slices bread cubed
tbsp butter
cup milk
tsp brown sugar
tsp cinnamon
tsp salt extra
eggs, slightly beaten
tsp vanilla
tsp lemon
cup nuts, chopped
cup raisins or mixed
drizzle rum

★ BROWN BETTY

- [illegible] cup dry bread crumbs
- [illegible] cup sugar
- [illegible] tsp cinnamon
- Juice and rind of [illegible] lemon
- [illegible] medium apples, [illegible]
- [illegible] cup butter, melted
- [illegible] cup water in cooker with rack

Melt [illegible] combine [illegible] sugar in [illegible] lemon. Alternate [illegible] apples and crumbs in a buttered [illegible] that fits loosely in cooker. Pour melted [illegible] paper [illegible] Place [illegible] cooker [illegible] pipe [illegible] Place [illegible] pipe and [illegible] minutes [illegible] cooked at once.

★ LEMON PUDDING

- [illegible] cup sugar
- [illegible] tbsp flour
- [illegible] tsp salt
- [illegible] tbsp butter or fat
- [illegible] tbsp lemon juice
- Grated rind of [illegible] lemon
- [illegible] egg yolks, beaten
- [illegible] cup milk
- [illegible] egg whites, beaten
- [illegible] cup water in cooker with rack

[illegible] Combine sugar, flour, salt and [illegible] [illegible] egg yolks [illegible] Place [illegible] Place [illegible] cooker [illegible] flow [illegible] Place [illegible] cooker at once.

PLUM PUDDING

- [illegible] beaten eggs
- [illegible] cup suet, chopped
- [illegible] cup apples, chopped
- [illegible] cup raisins
- [illegible] cup currants
- [illegible] cup light molasses
- [illegible] cup milk
- [illegible] cups flour
- [illegible] tsp soda
- [illegible] tsp baking powder
- [illegible] tsp salt
- [illegible] tsp cinnamon
- [illegible] tsp cloves
- [illegible] tsp allspice
- [illegible] cup water in cooker with rack

([illegible] qt. Cooker)

M[illegible] [illegible]

ENGLISH PLUM PUDDING

cup sugar
1 *egg, well beaten*
cup bread, ground
cup suet
cup currants
cup raisins
1 *cup flour*
1 *tsp baking powder*
tsp allspice
tsp cinnamon
tsp nutmeg
½ *tsp soda*
tsp salt
cup walnuts
cup milk, chopped
½ *cup water in Cooker*
with rack
(or a qt. Cooker)

Mix [illegible] sugar, egg and [illegible]. Mix well. Add bread crumbs and suet. Stir in the ingredients which have been sifted. Mix well. Add nuts, fruit and milk. Turn into a pudding bowl which has been greased and lined with wax paper. Place a piece of wax paper on top and tie down with string. Place cover on bowl. Allow steam to flow between pipe and cover. Put indicator weight on vent pipe and cook 90 minutes with steam at 15 lbs. pressure. Allow steam to return to normal position.

POTATO AND CARROT PUDDING

cup flour
cup brown sugar
cup grated, raw carrots
cup grated, raw potatoes
cup suet
egg, slightly beaten
¾ *cup flour*
tsp baking powder
tsp cinnamon
tsp nutmeg
tsp cloves
½ *cup nuts, chopped*
cup raisins
½ *cup water in Cooker*
with rack
(or a qt. Cooker)

[illegible] flour, sugar, carrots, potatoes and egg. Stir in [illegible] and add grated suet. Add nuts, raisins and milk. Mix thoroughly. Turn into a pudding bowl which has been greased and lined with wax paper. Place bowl on rack with water in cooker. Place cover on bowl. Allow steam to flow between pipe and cover. Put indicator weight on vent pipe and cook 90 minutes with steam at 15 lbs. pressure. Allow steam to return to normal position.

STEAMED FIG PUDDING

½ lb. suet
½ lb. fresh breadcrumbs
2 eggs well beaten
½ pt. milk
½ lb. flour
½ lb. sugar
½ tsp. baking powder
½ lb. currants
½ lb. raisins
½ lb. preserved ginger
½ lb. figs, cut small
½ lb. candied lemon peel
Grated rind of 1 lemon
Juice of ½ lemon
Pinch of salt

Mix all the dry ingredients together. Add the eggs, milk and lemon juice. Stir well. Put into a greased pudding basin. Cover with greased paper. Steam for 4 hours. Serve with sweet sauce.

SUET PUDDING

½ lb. suet, grated
½ lb. breadcrumbs
½ pt. milk
2 eggs
½ lb. flour
½ lb. sugar
½ tsp. baking powder
½ lb. currants
½ lb. raisins
½ lb. mixed peel
Grated rind of 1 lemon
Juice of ½ lemon
Pinch of salt

Mix all the dry ingredients together. Add the eggs, milk and lemon juice. Stir well. Put into a greased pudding basin. Cover with greased paper. Place in a saucepan of boiling water. Boil for 3 hours. Serve with sweet sauce.

WHITE FRUIT CAKE

BOSTON BROWN BREAD

BROWN BREAD

cup whole wheat flour
cup cornmeal
cup rye flour
tsp. salt
tsp. baking powder
cup honey
cup milk
cup raisins
cups water in cooker with rack
(Use 4 qt. cooker.

Mix and sift dry ingredients. Add milk and honey. Stir well. Turn into greased pint mold. Cover with wax paper. Place on rack in cooker with water. Bring to boil. Steam 2½ hours. Remove from steam pipe. Remove cover. Place a piece of wax paper and cover. Steam 30 minutes with steam at cook position. Let steam return to vent position.

BUTTERMILK BREAD

tbs.
tbs. sugar
cup flour
tsp. salt
tsp. baking powder
cup buttermilk
cup nuts, raisins and dates
cups water in cooker with rack
(Use 4 qt. cooker)

Mix and sift dry ingredients. Add buttermilk. Stir well. Add nuts and fruit. Turn into greased pint mold. Cover with wax paper. Place on rack with water in cooker. Place cover on cooker. Allow steam to flow from vent pipe 10 minutes. Put indicator weight on vent pipe and cook 45 minutes with steam at cook position. Let steam return to vent position.

SOYAWHEAT RAISIN BREAD—STEAMED

egg beaten
cup honey
cup brown sugar
cup buttermilk
cup flour
cup Soyawheat
tsp. salt
tsp. soda
tsp. baking powder
cup raisins
cup nuts
cups water in cooker with rack
(Use 4 qt. Cooker)

Mix well beaten egg and honey. Add sugar and buttermilk. Stir well. Soyawheat, flour, soda and baking powder. Mix all ingredients and dates are well blended. Add raisins and nuts. Turn into greased pint mold. Cover with wax paper. Secure with string. Place on rack with water in cooker. Place cover on cooker. Allow steam to flow from vent pipe 10 minutes. Put indicator weight on vent pipe and cook 45 minutes with steam at cook position. Let steam return to vent position.

STEAMED BREADS AND DESSERTS	Steaming Time before Indicator Weight is placed on Vent Pipe in Minutes	Cooking Time in addition to Steaming in Minutes	Amount of Water in Cooker
Pudding, Bread	5	15	4 cups
* Brown Betty		15	½ cup
* Pudding, Lemon		3	½ cup
Pudding, Plum	20	50	5 cups
Pudding, English Plum	20	50	5 cups
Pudding, Potato and Carrot	20	50	5 cups
Pudding, Steamed Fig	20	50	5 cups
Pudding, Suet	20	50	5 cups
White Fruit Cake	20	60	5 cups
Bread, Boston Brown	20	40	5 cups
Bread, Brown	20	25	5 cups
Bread, Buttermilk	15	25	4 cups
Bread, Steamed Soyawheat Raisin	15	45	4 cups

Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR *

Fruit RECIPES

CAUTION:

APPLES

and boil syrup in open Cooker

★ APRICOTS

For [illegible] apricots
[illegible] water
[illegible] sugar

[illegible]

★ PEACHES

For [illegible]
[illegible] water or [illegible]
[illegible] rum
[illegible] sugar

[illegible]

★ PEARS

For [illegible] pears
[illegible] water or [illegible]
[illegible] rum
[illegible] sugar

[illegible]

★ PLUMS

For [illegible]
[illegible] water or [illegible]
[illegible] rum
[illegible] sugar

[illegible]

FRUIT	Cooking Time in Minutes	Amount of Water per lb.
*		
Apples, Fresh		
Apples, Sauce		
* Apricots, Dried	3 to 5	
* Apricots, Fresh	2	
* Figs, Dried	5	2 cup
* Peaches, Dried	3 to 5	
* Peaches, Fresh	5	
* Pears, Dried		
* Pears, Fresh		
* Prunes, Fresh	2	2 cup
* Prunes, Dried	3 to	2 cups
* Raisins	3 to	

Set Cooker in cold water or place under faucet of running water to reduce heat quickly for all foods marked with STAR *

DRESSINGS AND SAUCES

APRICOT DRESSING

For poultry, game or veal

BREAD DRESSING

For poultry, game and meats

THE FOLLOWING DRESSINGS MAY BE MADE WITH BREAD CRUMBS AS A BASE

CELERY DRESSING *For poultry, game and meats*

A

GIBLET DRESSING *For poultry and game*

OYSTER DRESSING *For poultry and game*

MUSHROOM DRESSING *For poultry, game and meats*

SAUSAGE APPLE DRESSING *For poultry and game*

Mix well

ALL SAUCES ARE COOKED WITHOUT COVER ON COOKER

CHEESE SAUCE

- [illegible] tbsp [illegible]
- [illegible] tsp flour
- [illegible] milk
- [illegible] American cheese, grated

[illegible]

HOLLANDAISE SAUCE

- 2 egg yolks
- [illegible]
- [illegible] cayenne
- pepper
- [illegible] butter, melted
- [illegible] tbsp lemon juice

[illegible]

THIN WHITE SAUCE

- [illegible] fat or butter
- [illegible] flour
- [illegible] milk
- Salt and pepper

[illegible] flour and fat

CUCUMBER SAUCE

- [illegible] whipped cream
- [illegible] mayonnaise
- [illegible] cucumber, diced
- Salt and pepper

[illegible]

HORSE-RADISH SAUCE

½ teaspoon
cup
cup sour
cup horse-radish

M [illegible] A [illegible]
well [illegible] of [illegible]
ham or beef

LEMON BUTTER SAUCE

½ cup butter, melted
tbsp. lemon juice
tbsp. parsley
minced

[illegible] the [illegible]
[illegible]

MÉXICAN SAUCE

pimiento, finely
chopped
tbsp. butter
½ c. raw pepper,
chopped
green pepper
chopped
½ clove garlic, minced
tomatoes, chopped
tsp. chili powder
tsp. Worcestershire
sauce
tsp. salt
salt

M [illegible]
[illegible]
Optional: [illegible]

MINT SAUCE

cup mint, chopped
tbsp. sugar
cup hot water

M [illegible]
with lamb

MUSHROOM SAUCE

3 tbsp. butter
2 tbsp. flour
cup cream
cup canned
mushrooms, sliced
tsp. salt

M [illegible]
Salt [illegible]

★ PUREED CARROTS AND BEANS

★ PRESTO VANILLA CUSTARD

VARIATIONS FOR GROWN-UPS TOO!

CHOCOLATE

COFFEE CUSTARD Proceed as for vanilla custard

COCONUT CUSTARD

CHOCOLATE CHIP

YOUR *Presto* COOKER
AS A STERILIZER

SOME HINTS ON MEAL PLANNING

day

meal preparation

SAVE MORE OF THE GOOD IN THE FOODS YOU EAT

★ DAILY PROTECTIVE DIET ★

FOOD VALUE CHART

GROWTH PROMOTING AND PROTECTIVE

Class of Food	Function	To Insure Supply Serve Daily
Vitamin A		
Vitamin B		
Vitamin B		
Niacin		
Vitamin C		
Vitamin K		
Vitamin D		
Vitamin E		

Name of Food	Function	Its Insure Supply Serve Daily
Protein		
Calcium		
Phosphorus		
Iron		
Iodine		
Water		

Fats		
Starches		
Sugars		

SOME HINTS ON TABLE SETTING

[illegible]

2. [illegible]

3. [illegible] the plate

4. [illegible]

5. [illegible] the plate [illegible]

6. [illegible]

7. [illegible]

8. [illegible]

9. [illegible]

10. [illegible]

11. [illegible]

12. [illegible]

The secret of good service is serving foods appetizingly, thoughtfully and cheerfully.

SIMPLE ANSWERS TO YOUR MORE IMPORTANT QUESTIONS ABOUT

Presto cooking

Q Is there a difference in results when a small quantity of food is cooked in the four quart cooker

A

Q What causes potatoes to turn dark in the cooker?

A

Q Why are some pot roasts [illegible] not cooked in the specified time?

A

Q Is it necessary to sear pot roast before roasting?

A

Q Can creamed vegetables be prepared in the Cooker?

A

Q Why do I get so much gravy in the Cooker when preparing a roast?

A

Q What causes meats to stick to the bottom of the Cooker?

A

Q What will cause meat to burn in the Cooker?

A

Q Why is it that foods such as meats, for example do not always cook tender in the time specified?

A

cooking time

Q. Why is necessary to use so much water when cooking dried and dehydrated foods?

cooking and conserving
Cooker

Q Can vegetables and meats be cooked together?

A
minutes cooking time

Q Why does one roast require a longer cooking time than other roasts weighing the same?

A

[illegible]

Q Can two or more weights be hooked on the same line?

A [illegible]

Q How often should the sinking line on the cove be changed?

A [illegible]

Q Should the indicator weight be washed?

A [illegible]

Q How soon after the cover is placed on the Cooker should the indicator weight be placed on the vent pipe?

A [illegible]

Q Why is it necessary to allow a steady flow of steam to escape from the vent pipe before putting the indicator weight in place?

A [illegible]

Q Can the cover be removed from the Cooker while the indicator weight is on the vent pipe?

A

Q What causes cereals to stick to the bottom of the Cooker?

A

Q Why must some foods be cooked at once after cooking with [illegible] others the steam is allowed to go back to [illegible] Why pressure [illegible] own [illegible]?

Q How are meats such as steaks, chops etc. made brown?

Q What is the over-pressure plug?

A

Q When cooling the Cooker why must [illegible] be careful not to run water over the over-pressure plug?

A

Q How can best results be obtained with my Cooker?

A

[illegible] Canning [illegible]

[illegible] for processing [illegible]

Here are the [illegible] in canning.

[illegible]

Steps for Canning in a Presto COOKER

Step 1 [illegible] soapy water. [illegible] be used for canning.

[illegible]

Step 2 [illegible]

Step 3 [illegible]

Step 4 [illegible]

Step 5 [illegible]

Step 6

Step 7

Step 8

Step 9

type of closure used

Step 10

4 cups of boiling water.

Step 11

Step 12

Step 13

pipe for 4 to 5 minutes

Step 14

Step 15

move Cooker from heat

Step 16

Step 17

away from you

Step 18

Step 19

Step 20

FRUITS

Use a rapid boiler in water for all processing

APPLES

[illegible] pie apples. [illegible] pieces in a saucepan with [illegible] of water to [illegible] teaspoon of salt and [illegible] teaspoon of cinnamon. Bring to a boil, stirring occasionally. Fill jars with hot syrup. Process [illegible] minutes with steam at 5 lbs.

APPLESAUCE

Make applesauce [illegible] Pack hot. Process 8 minutes with steam at 5 lbs.

FIRM BERRIES except strawberries.

[illegible] Pack firmly [illegible] Process [illegible]

CHERRIES

[illegible] necessary to add a little water [illegible] Process 10 minutes with steam at [illegible]

PEACHES

[illegible] Process [illegible] minutes with steam at [illegible]

PEARS

[illegible] Process [illegible] minutes with steam at [illegible]

PLUMS

[illegible] Process [illegible] minutes with steam at 5 lbs.

RHUBARB

RASPBERRIES AND OTHER SOFT BERRIES

STRAWBERRIES

TOMATOES

TOMATO JUICE

5 minutes each item or 5 lbs

TABLE OF SYRUPS FOR CANNING FRUITS

Syrup	Cups of sugar	Cups of water	Yield
Light			
Medium			
Heavy			

replace up to ¼ the sugar

TIME TABLE FOR CANNING FRUITS

Fruit	Minutes Boiling in Open Vessel	Fruit	Minutes Boiling in Open Vessel
Apples	15	Plums	20
Apricots	8	Rhubarb	5
Berries, all except huckleberries	8	Tomatoes and other acid berries	8
Cherries	10	Huckleberries	5
Peaches		Pineapples	5
Pears		Tomatoes	5

Use hot water in kettle for all processing

VEGETABLES

ASPARAGUS

BEANS, LIMA

BEANS GREEN OR WAX

BEANS, GREEN SOY

CARROTS

CORN, WHOLE KERNEL

GREENS

OKRA

PEAS

PIMIENTOS, RIPE

PUMPKIN

Process 55 minutes with steam at 10 lbs.

SAUERKRAUT

Heat well fermented sauerkraut [illegible] minutes or until hot. Pack into jars, cover with hot juice. Adjust lids. Process [illegible] minutes with steam at 10 lbs.

SQUASH

Same as pumpkin. Do not peel summer squash.

SWEET POTATOES

Wash and cook in Pressure cooker 10 minutes. Cool. Complete at once. Skin and cut into pieces. Pack hot. Cover with hot boiling water. Adjust lids. Process 55 minutes with steam at 10 lbs.

TIME TABLE FOR CANNING VEGETABLES

Vegetable	Weight per Quart	Vegetable	Weight per Quart
Asparagus	2	Okra	
Beans, Lima	3½	Peas	4½
Beans, Shell or Wax	2½	Pimentos, Ripe	3
Beans, Green Snap	1½	Pumpkin	2½
Beets	2½	Sauerkraut	3
Carrots	2½	Squash	2½
Corn, Whole Kernel	3½	Sweet Potatoes	3½
Greens	4½		

Use 4 cups water in Cooker for all processing

MEATS AND FOWL

Use 4 cups water in Cooker for all processing

BEEF, VEAL, LAMB, PORK

[illegible] into pieces that [illegible] Pack [illegible] Add [illegible] teaspoon salt to [illegible] Pack meat hot. [illegible] Process [illegible] minutes with steam at 10 lbs.

GROUND MEAT

[illegible] Pack hot, [illegible] Process [illegible] minutes with steam at 10 lbs.

CHICKEN (With Bone)

[illegible] steam at 10 lbs

(Without Bone)

[illegible]

RABBIT

[illegible] with steam at 10 lbs

TIME TABLE FOR CANNING MEATS AND FOWL

[illegible]	[illegible]	[illegible]	[illegible]
Beef, Veal, Lamb		Chicken	
Pork	75	With Bone	65
Ground Meat	75	Without Bone	
		Rabbit	65

Use 4 cups water in cooker for all processing

SOUPS

Use 4 cups water in cooker for all processing

BROWN SOUP STOCK

[illegible]

SOUP STOCK

[illegible]

SPLIT PEA SOUP

Prepare [illegible] with steam at 10 lbs

TIME TABLE FOR CANNING SOUPS

SOUPS	[illegible]	SOUPS	[illegible]
Brown Soup Stock	20	Pea Soup	60
Soup Stock	20		

Use 4 cups water in Cooker for all processing

HOW TO OBTAIN THE BEST SERVICE FROM YOUR PRESTO COOKER

he plug, have the cover n

HOW TO OBTAIN PROMPT REPAIR SERVICE FOR YOUR PRESTO COOKER

COOKER PARTS

PRESTO COOKER parts should be obtained from the store where Cooker was purchased. If parts are not available at your local dealer, order from

NATIONAL PRESSURE COOKER COMPANY
[illegible]

When ordering parts be sure to mention size of cooker and part number.

SA-1	4 qt. COOKER BODY, price on request		PC8.	HANDLE INSULATOR	$0.10 ea.
PC2.	COOKING RACK	$0.30 ea.	PC9	COOKER HANDLE	.10 ea.
PC3.	SEALING RING	.25 ea.	336	HANDLE BOLT	.15 ea.
1942	INDICATOR WEIGHT	2.00 ea.	PC10.	OVER PRESSURE PLUG	.10 ea.
PC5.	VENT PIPE	.75 ea.	PC60B11	RECIPE BOOK (not illust.)	.25 ea.
SA-7.	COOKER COVER, price on request				

Prices subject to change without notice.

N. P. C. FORM 105, 10-41

For CANNING or COOKING...

National

PRESSURE COOKER

In a United States Department of Agriculture booklet, Farmers' Bulletin 1942, it is stated, "A steam pressure canner is required for processing meats, practically all vegetables, (except tomatoes) and other non-acid foods. It is not safe to can such foods at home unless a pressure canner is available."

Another famous product of the manufacturers of Presto Cookers is the National Pressure Cooker for canning or cooking. Home economics teachers, food authorities and the Department of Agriculture state that pressure cooking is the ONLY SAFE METHOD for canning all non-acid foods — vegetables, meats, fowl and fish.

One of the outstanding features of the pressure cooker, manufactured by the National Pressure Cooker Company, Eau Claire, Wisconsin, is its patented "Home" seal. Only a slight pressure of the thumbs is needed to close the cover, making the cooker steam-tight without need of clamps or locking bolts.

For true efficiency and economy in your home canning program, be sure your pressure cooker is "National" made.

PRESTO COOKERS are available in two models. The PRESTO COOKER (Model '40') is cast from special, easy-to-clean SMALLOY, and the PRESTO COOKER (Model '60') is pressed from finest quality extra heavy aluminum. Both models have the same features and perform the same function in exactly the same way. Whichever PRESTO COOKER you choose, you may be sure that you will own the most remarkable and the finest cooking utensil ever invented.

★ ★ ★

Both the PRESTO COOKER *(Model '40') and* PRESTO COOKER *(Model '60') are available in 4-quart size.*

At a future date, to be announced soon, the Model '40' will also be available in a 2½ quart size.

HAMMERED EFFECT
Presto
COOKER
(Model '40')
Made by the World's Largest
Manufacturers of Pressure Cookers